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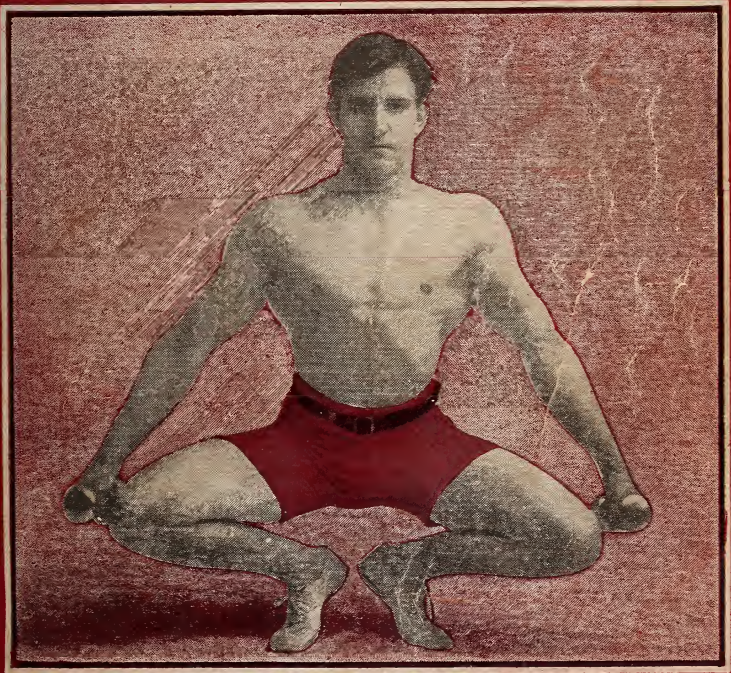

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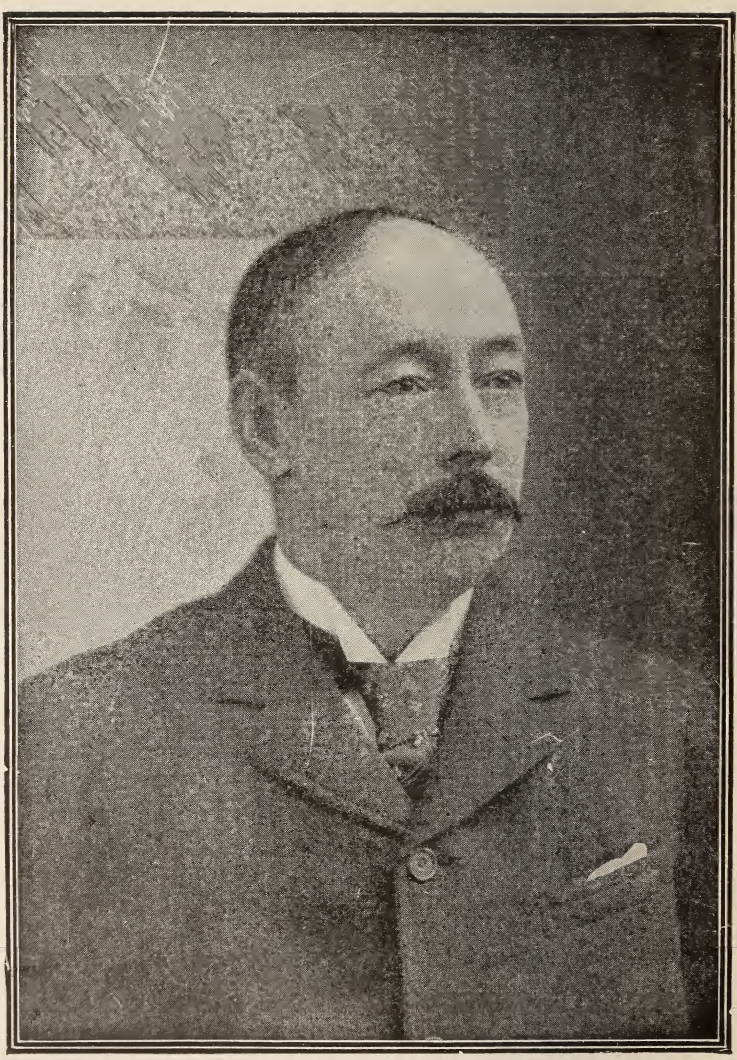

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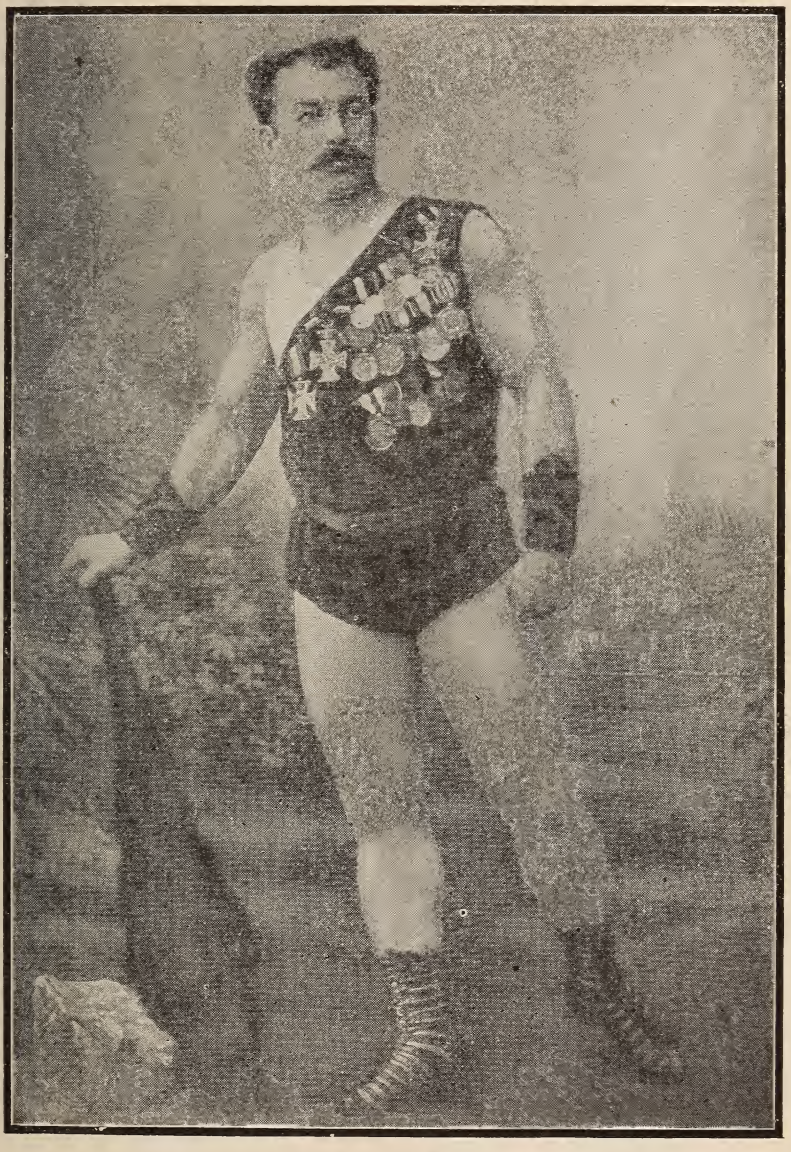

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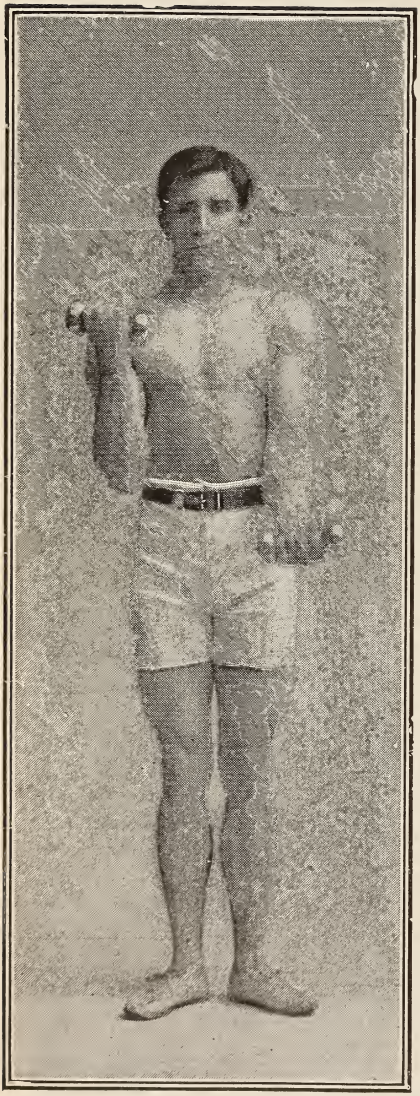

PLATE 1.

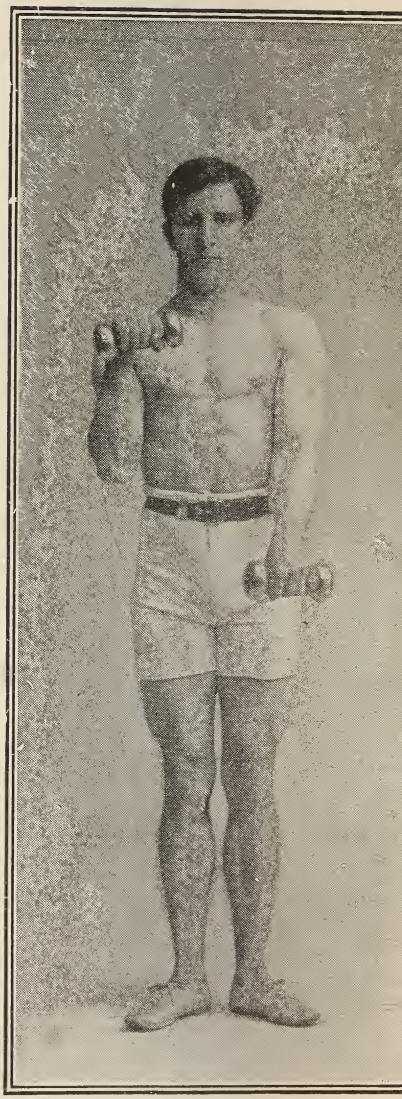

PLATE 2.

Exercise No. 1.

In assuming this position breathe in the diaphragm. Stand erect, the heels together, the toes apart, the knees thoroughly extended, the abdomen retracted, the chest high, the head well poised, look directly ahead, with the lips being evenly but not too firmly closed, and the facial muscles in repose. Breathe easily and regularly while exercising. Raise alternately first one arm and then the other. This movement is intended to develop the biceps, the anticus and flexors of the forearm. Keep the elbows close to the side and the upper arm fixed.

Do this from 50 to 100 times.

Exercise No. 2.

Assume the same position and exercise as in No. 1, except that the forearms are reversed, the knuckles of the hand being outward. Go through this 50 to 100 times. As in the previous exercise, the biceps are developed and in addition the extensor muscles of the forearm.

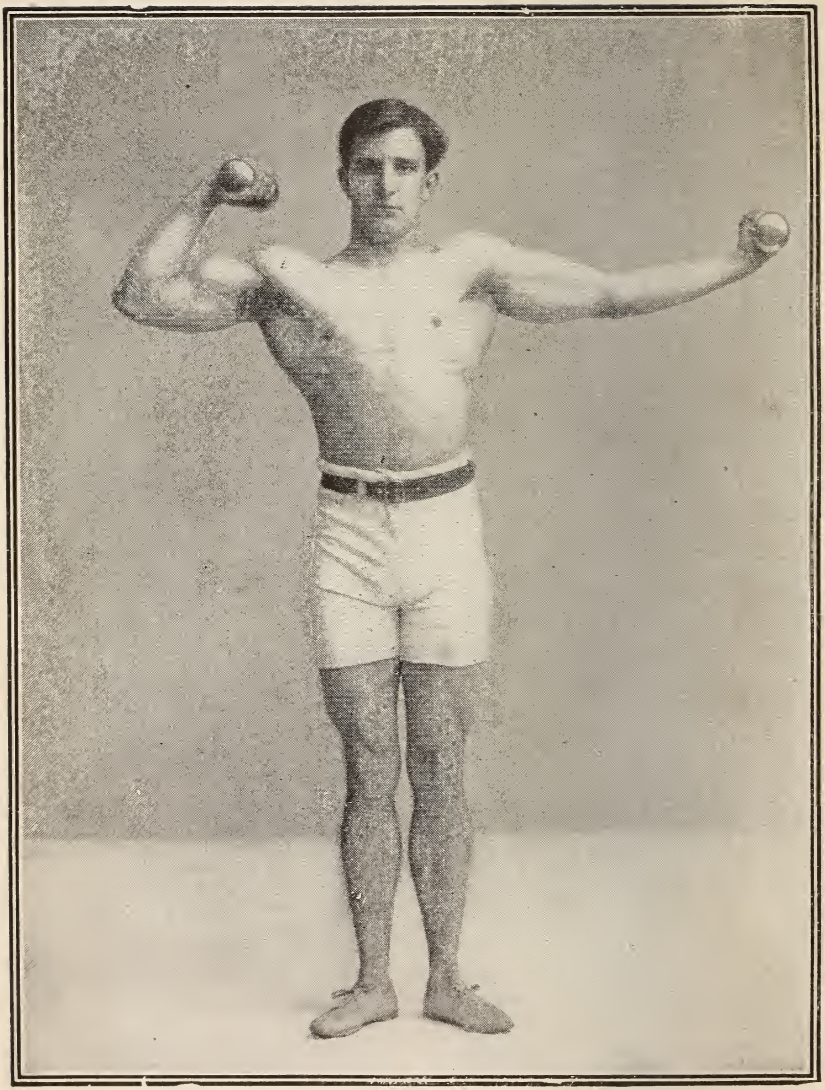

PLATE 3.

Exercise No. 3.

Hold both bells over the shoulders, the arms at right angles to the body and in the same vertical and horizontal planes, the forearms fully flexed upon the arms, and the wrists fully flexed upon the forearms. The forearms and wrists are alternately and auto matically extended and flexed.

Do this 20 or 30 times.

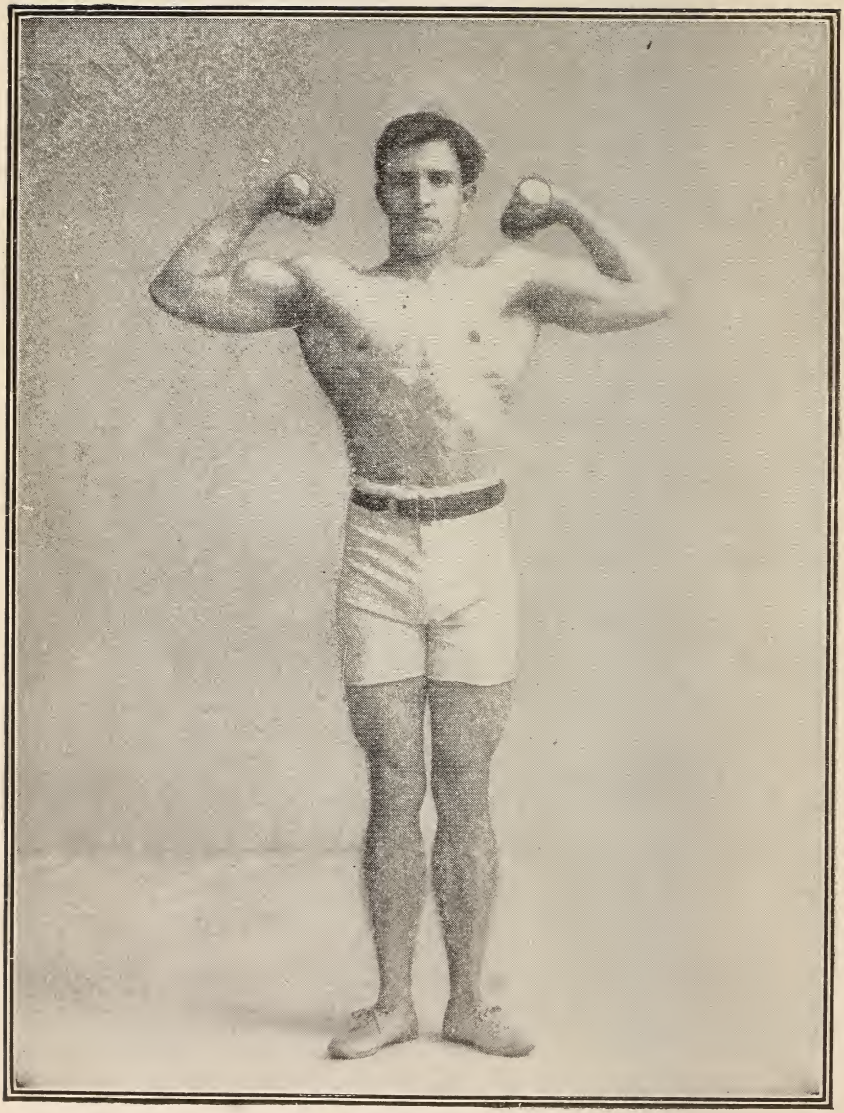

PLATE 4.

Exercise No. 4.

Take the same position as in the preceding exercise, keeping the heels together and being careful to stand perfectly erect, but instead of working the arms alternately, extend them both at the same time.

Do this from 10 to 20 times.

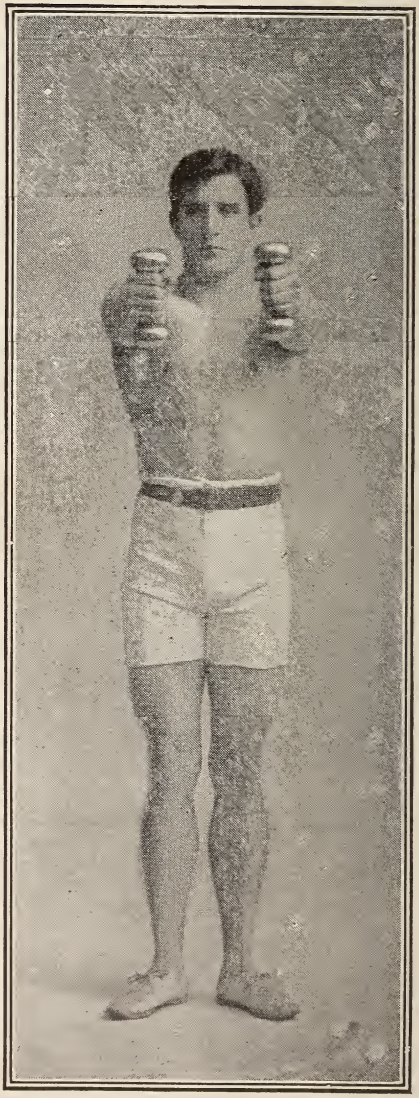

PLATE 5.

Exercise No. 5.

Extend the arms directly forward as shown by plate 5, with the dorsum or knuckles outward. Then swing them violently back as far as possible, assuming the position as shown in Plate 5 A, except that the student must stand on the toes as the arms are swung backwards.

Do this from 12 to 15 times.

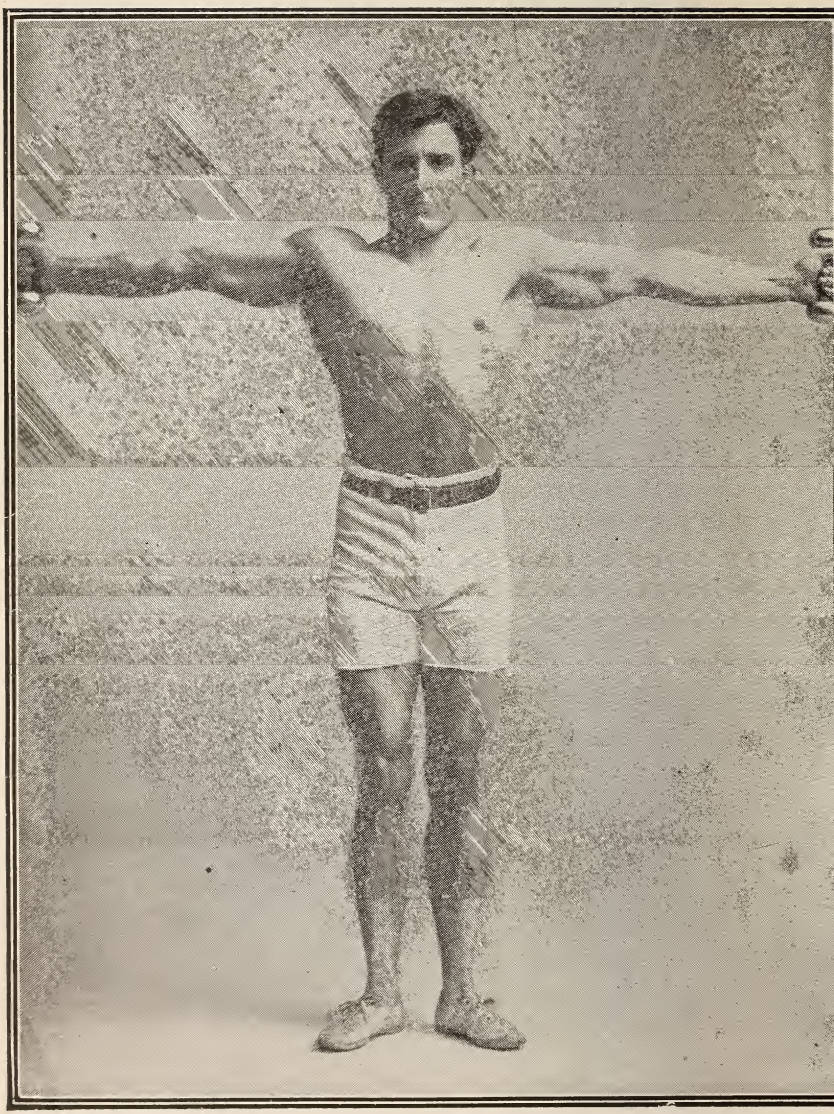

PLATE 5 A.

Exercise No. 5 (Continued.

Bring the bells immediately back to the original position and repeat the exercise, being careful to rise on the toes as the arms are swung back.

Do this from 12 to 15 times.

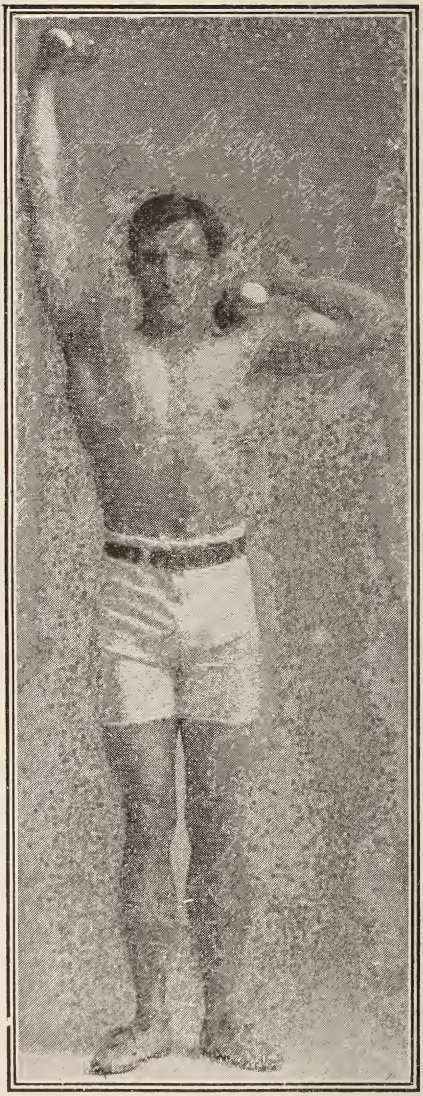

PLATE 6.

Exercise No. 6.

Stand erect in the usual position with the dumb bells resting on the shoulders. Then extend the arms alternately above the head as shown in the accompanying illustration.

Do this from 20 to 30 times.

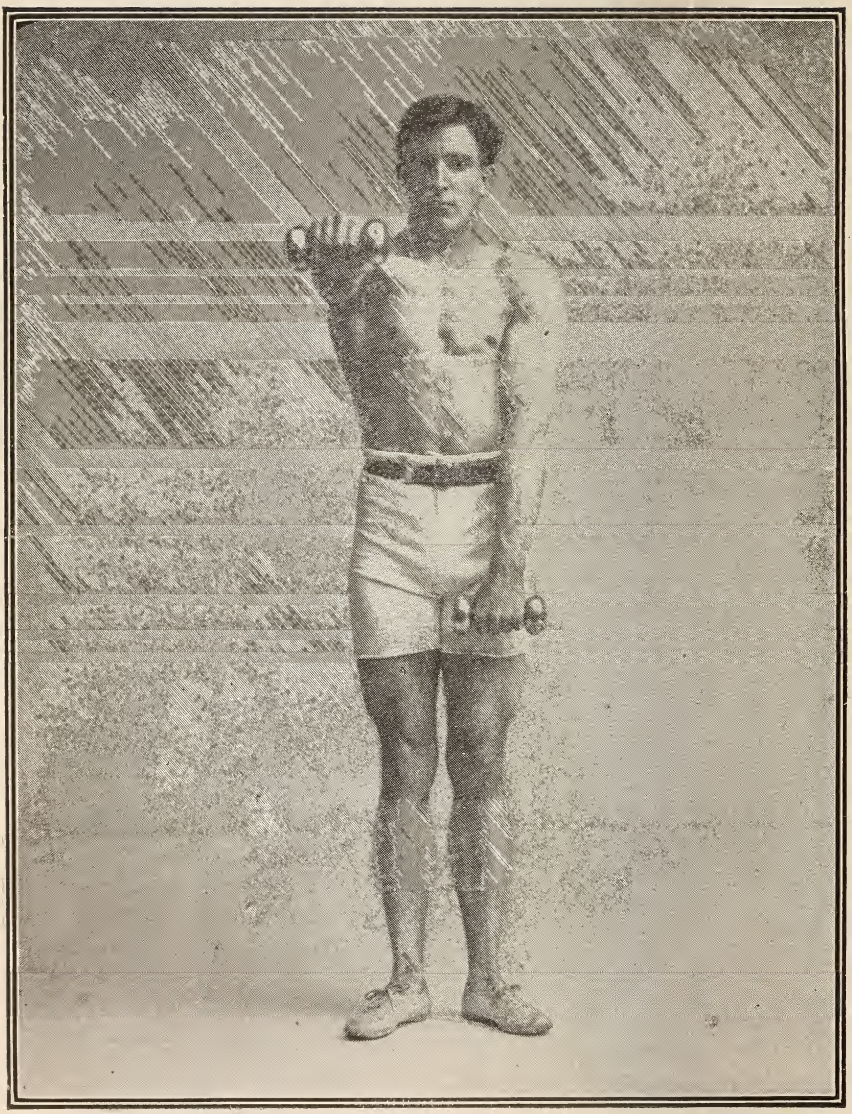

PLATE 7.

Exercise No. 7.

Hold arms downward with bells in front of the thighs. Then alternately raise them forward to the level of the shoulders, keeping the elbows and wrists fixed.

Do this from 20 to 30 times.

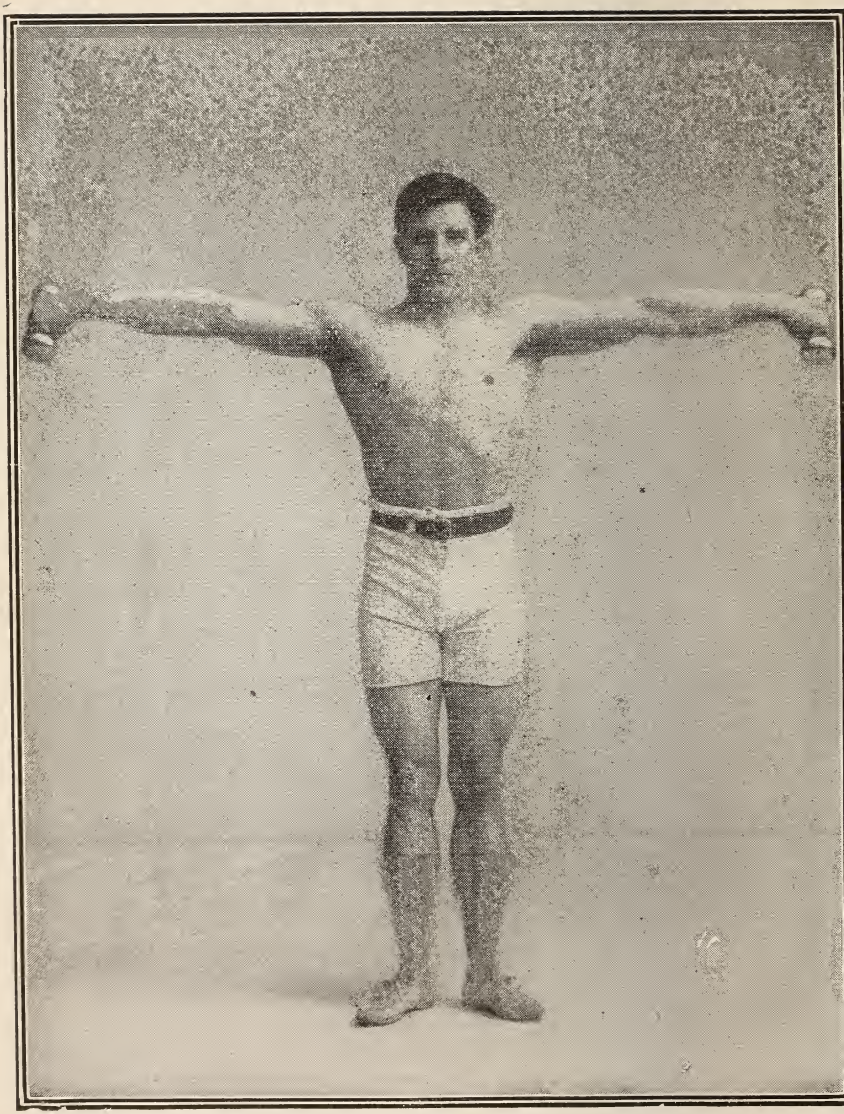

PLATE 8.

Exercise No. 8.

Hold the arms at right angles to the body and then rotate the bells rapidly forward and backward, keeping the elbows stiff.

Do this 30 times.

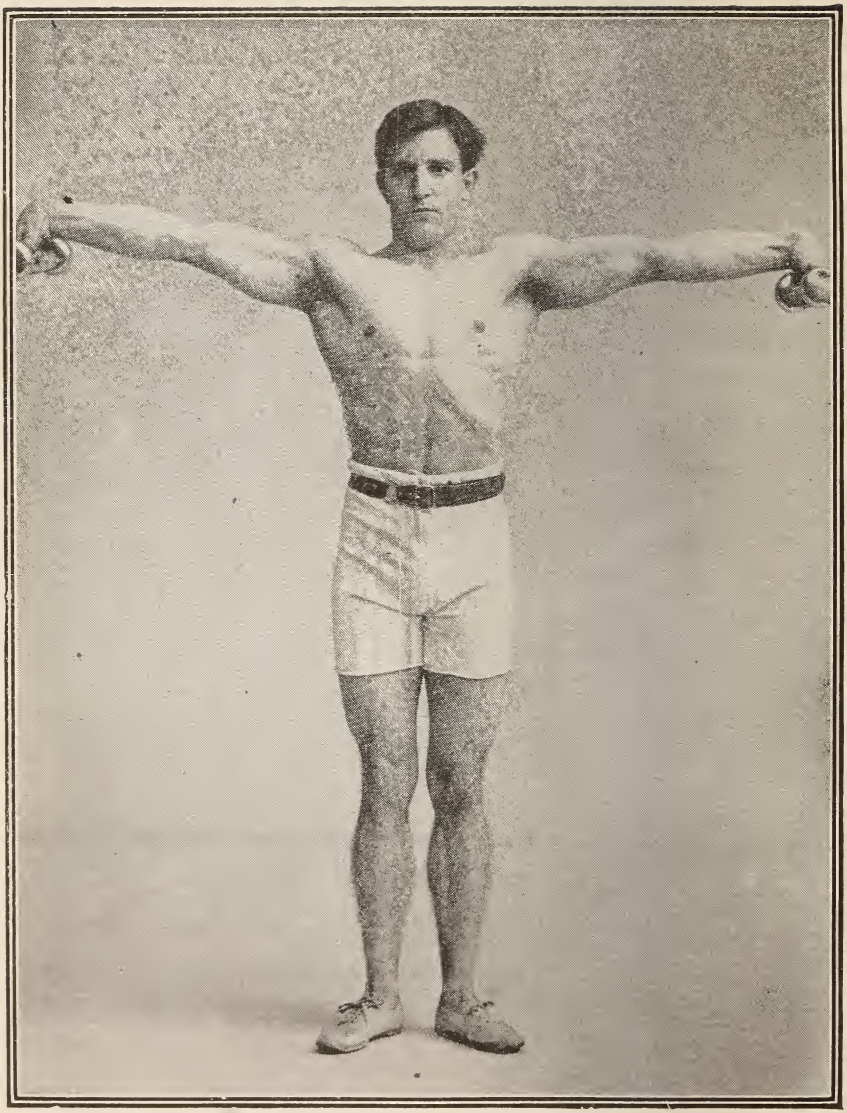

PLATE 9.

Exercise No. 9.

Take the same position as in exercise No. 8, but place the thumbs upon one ball of the bell. Keep the arms, shoulders and elbows fixed. Move the bells with a forward motion, describing small circles.

Do this 10 times.

Exercise No. 10.

This is the same as No. 9, except that the circular movement of the bells is reversed.

Do this 10 times.

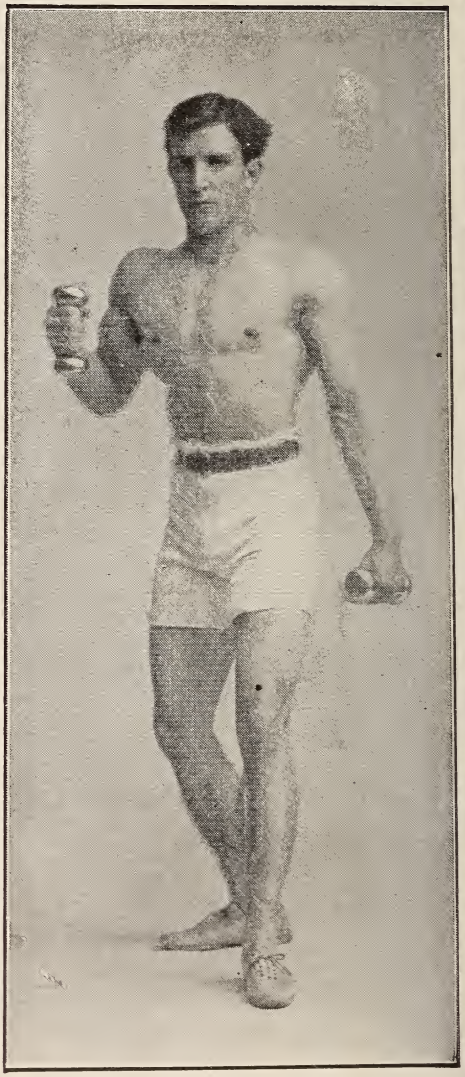

PLATE 11.

Exercise No. 11.

Hold the bells to the side, right face upon left heel, then placing the left foot at right angles to right foot, opposite the arch, the knees slightly flexed, the right hand at waist line, against the body, the bell being perpendicular. For second part of motion see plate 11 on next page.

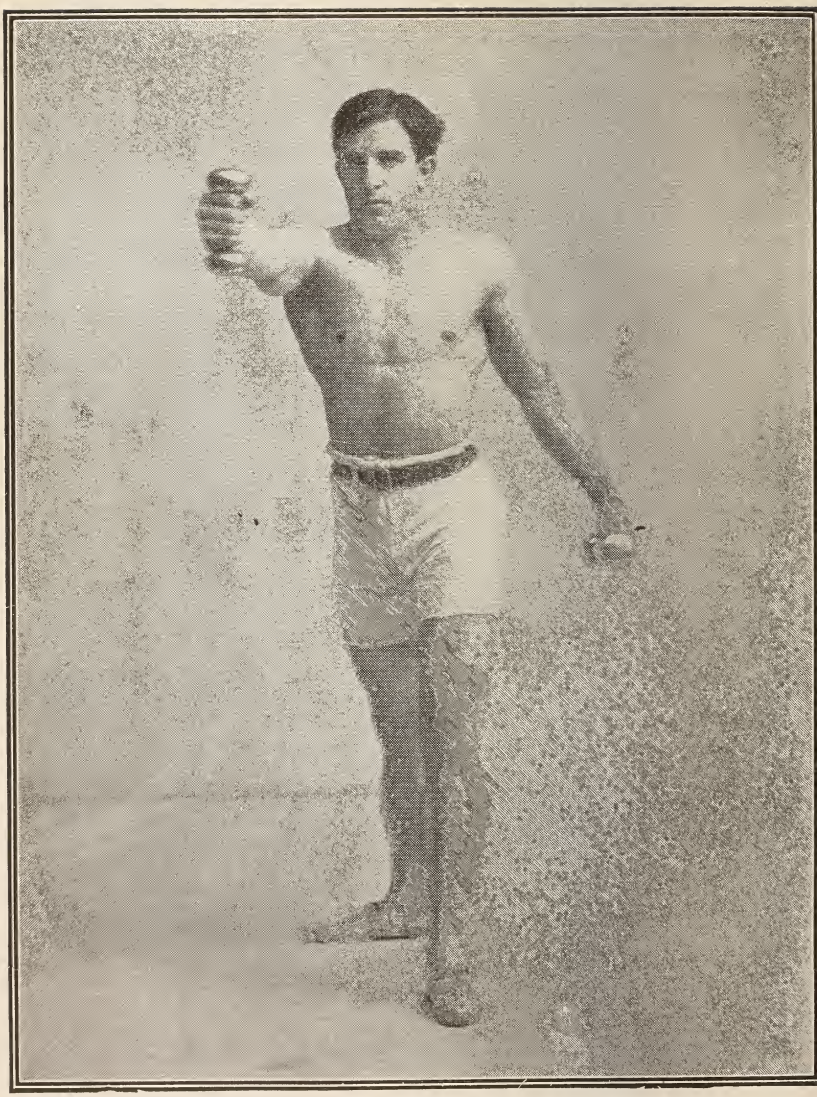

PLATE 11 A.

Exercise No. 11 (Continued).

To conclude this exercise strike from the shoulder to level of the face, advancing a step upon the left foot, rapidly extending the right thigh and leg, the right foot being fixed upon the floor and quickly back to position.

Do this from 12 to 15 times.

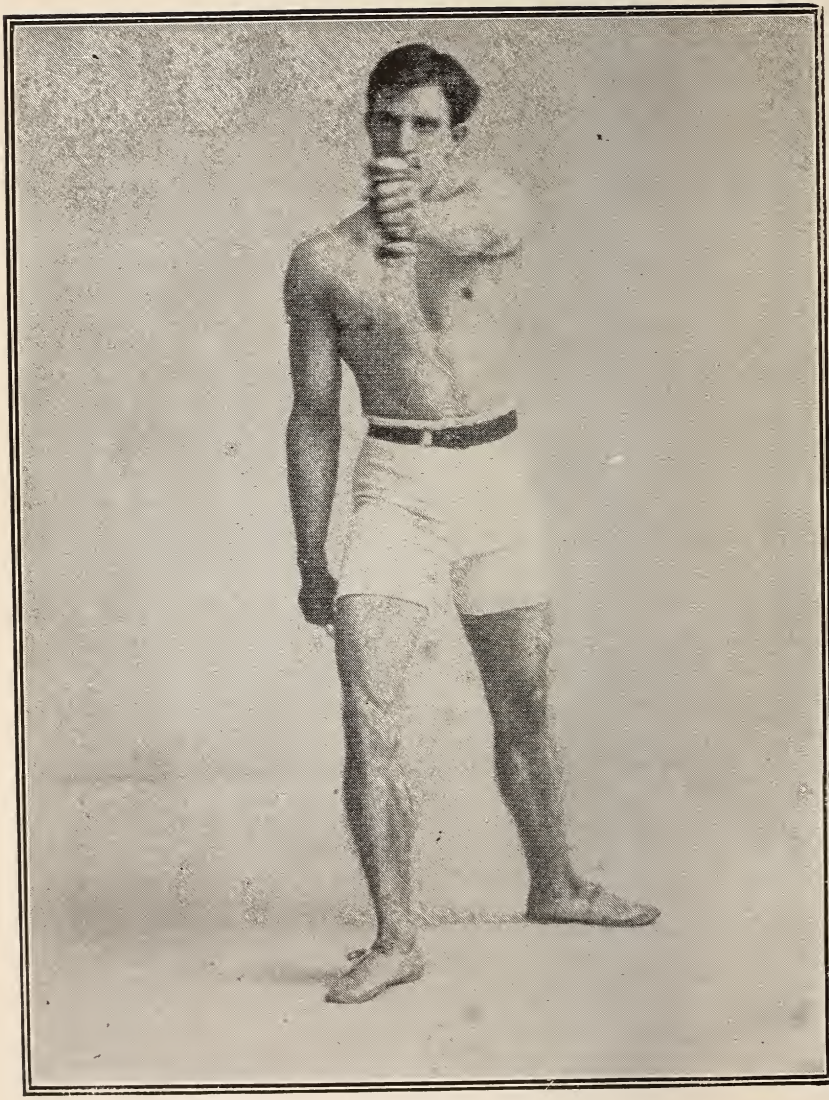

PLATE 12.

Exercise No. 12.

This is the same as Exercise No. 11, except that the positions of the body and the limbs are reversed.

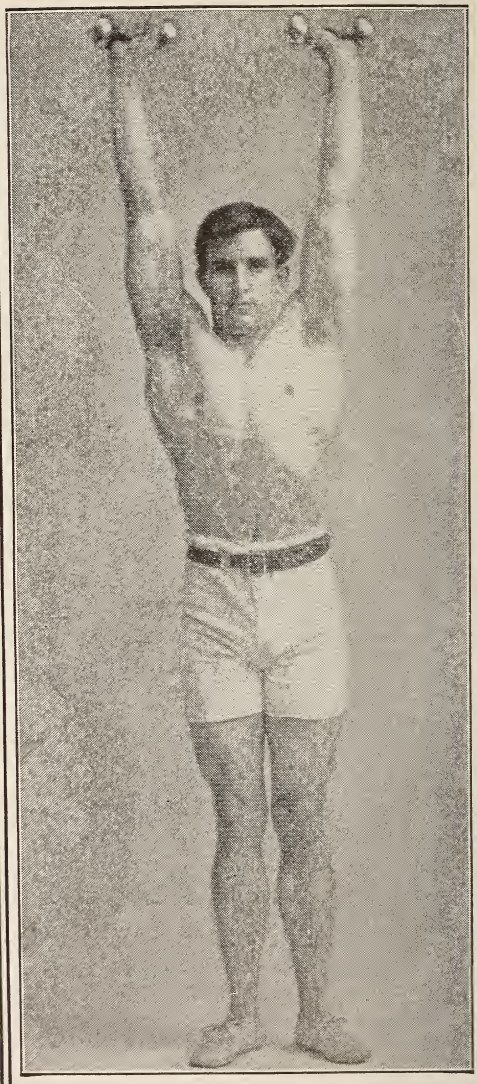

PLATE 13.

Exercise No. 13.

For the first movement hold the bells above the head, with palms forward, as shown in Plate No. 13 on the opposite page.

For the conclusion of the movement see Plate 13 A.

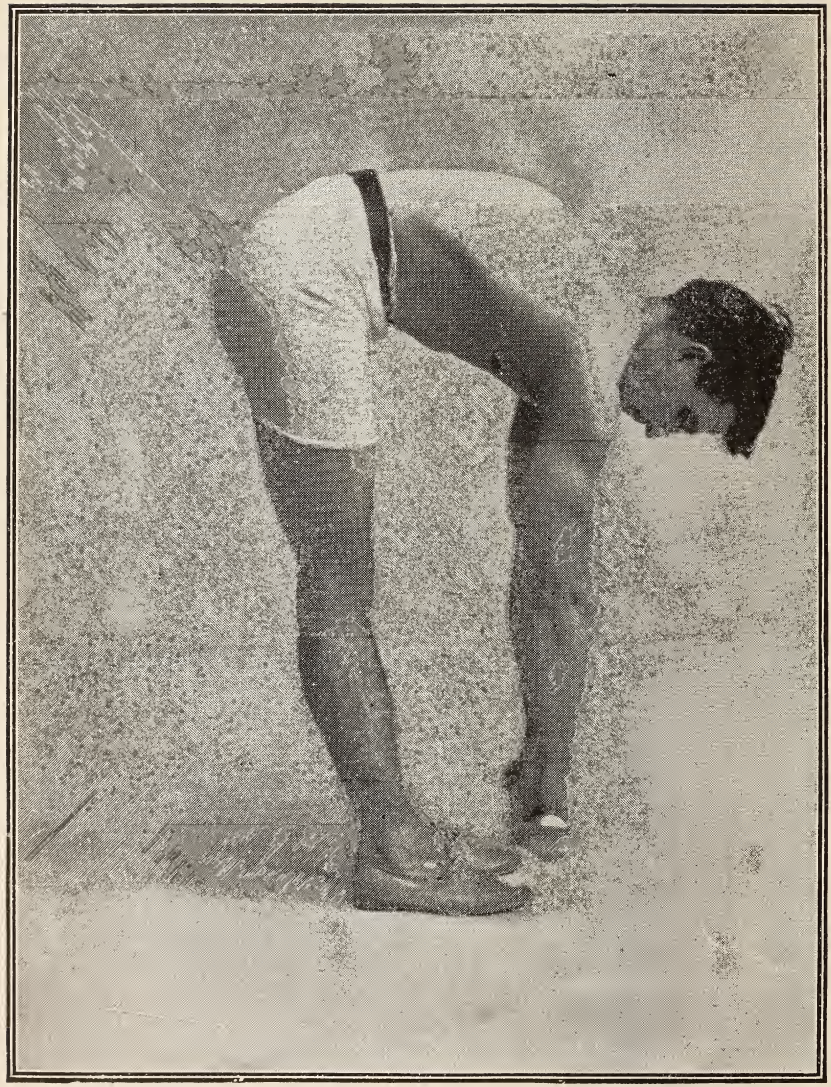

PLATE 13 A

Exercise No. 13 (Continued).

Then bend forward, without bending the knees, and try to bring the bells to the floor as shown in Plate 13A.

Do this from 12 to 15 times.

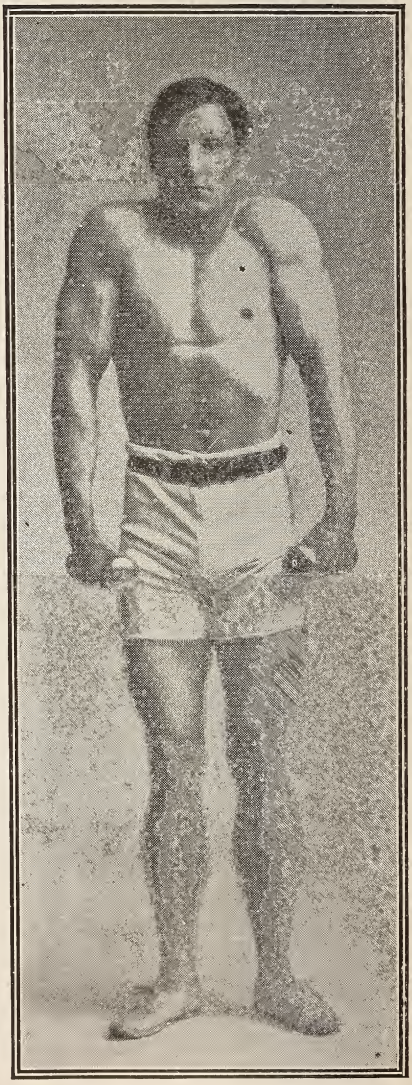

PLATE 14.

Exercise No. 14.

Stand erect, with the arms hanging at the sides. Then raise and drop the shoulders, and do it 15 or 20 times.

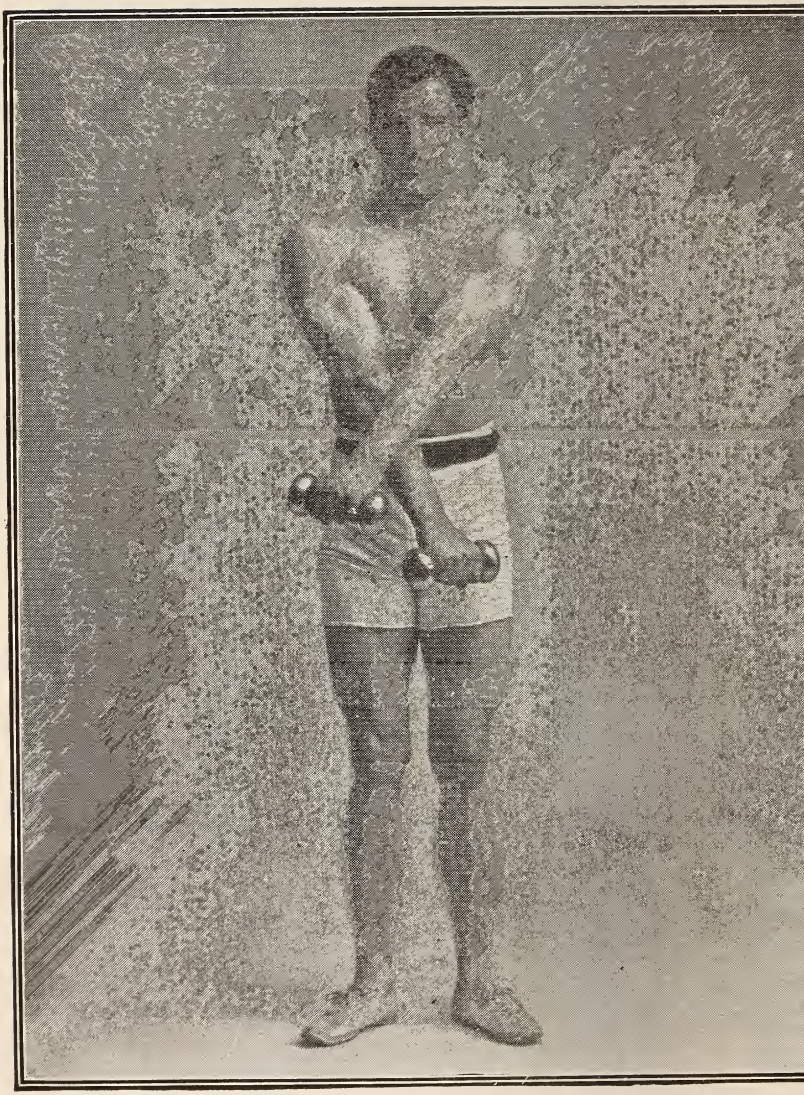

PLATE 15.

Exercise No. 15.

Extend both arms from the sides about 45 degrees, then swing them back and forth forcibly in front of the chest, keeping the elbows and wrists rigid.

Do this from 10 to 15 times.

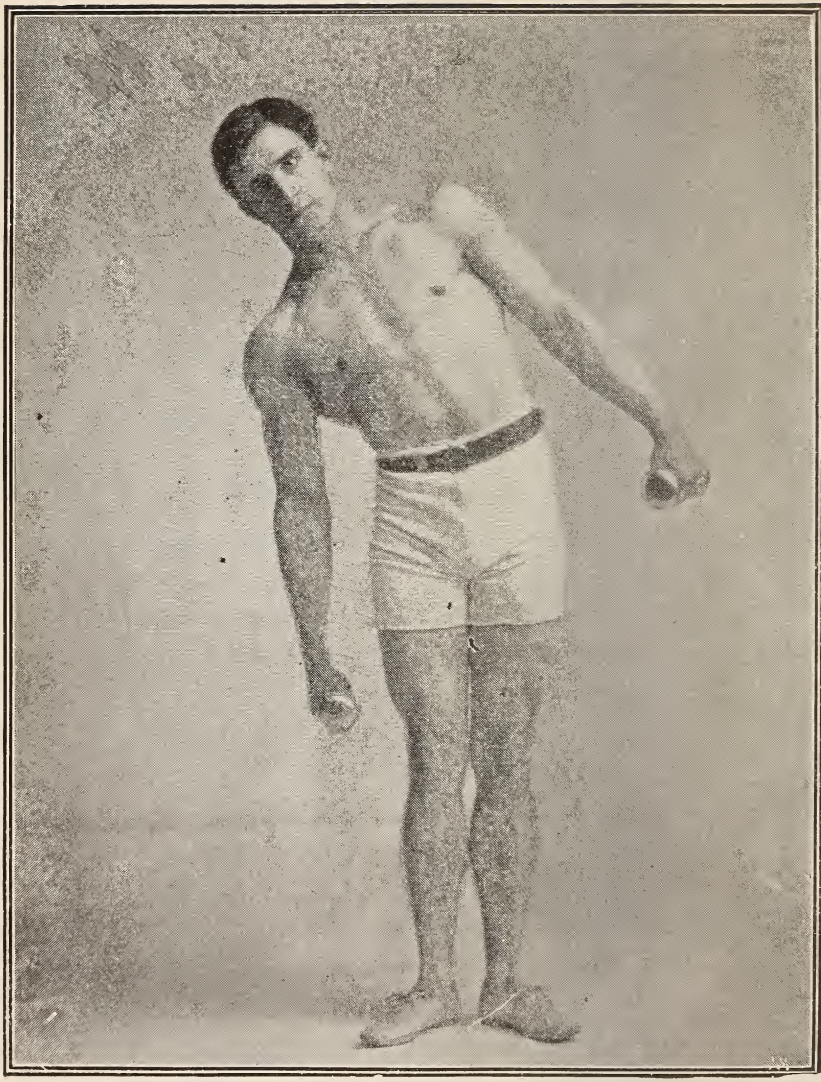

PLATE 16.

Exercise No. 16.

Hold the bells at the sides. Then bend from one side to the other as shown in the illustration.

This is a good exercise for a weak back and should be done from 10 to 20 times.

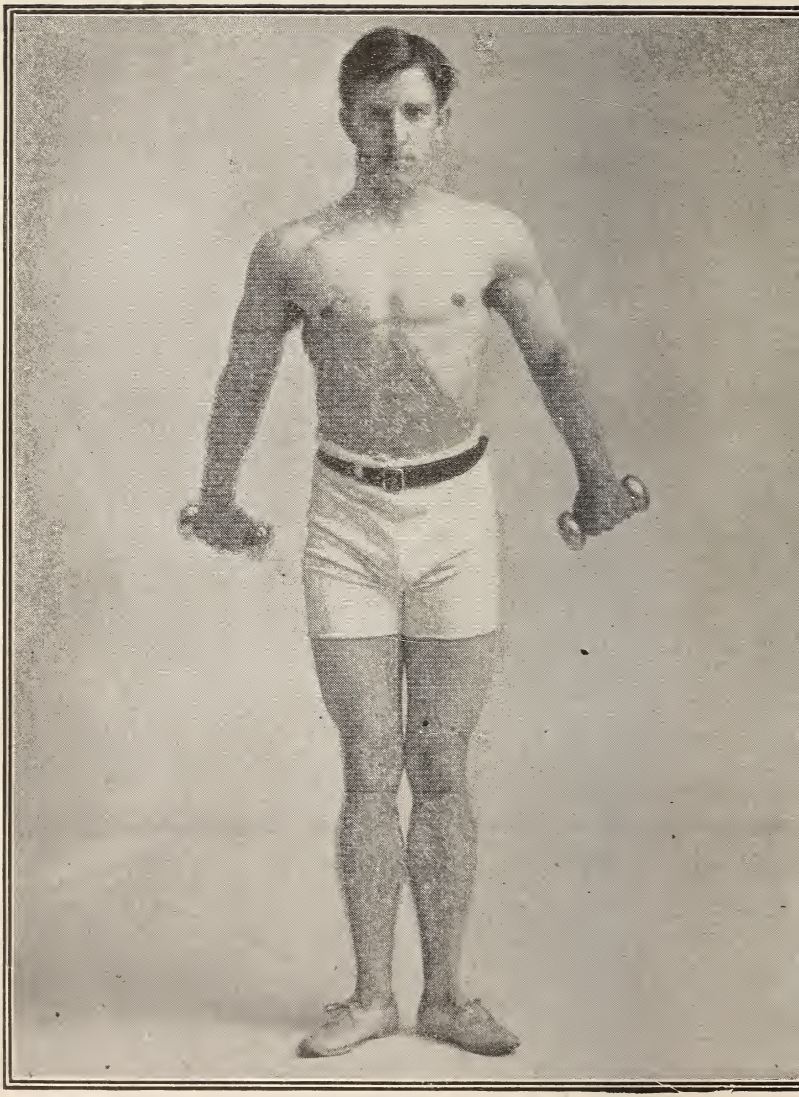

PLATE 17.

Exercise No. 17.

Hold the bells at the side with the palms forward, keeping the elbows and wrists stiff. Extend arms backward, turning the wrists so the position of the palms will be reversed, as forcibly as possible. Hold them rigid in that position for a few moments and then repeat.

Do this from 15 to 20 times.

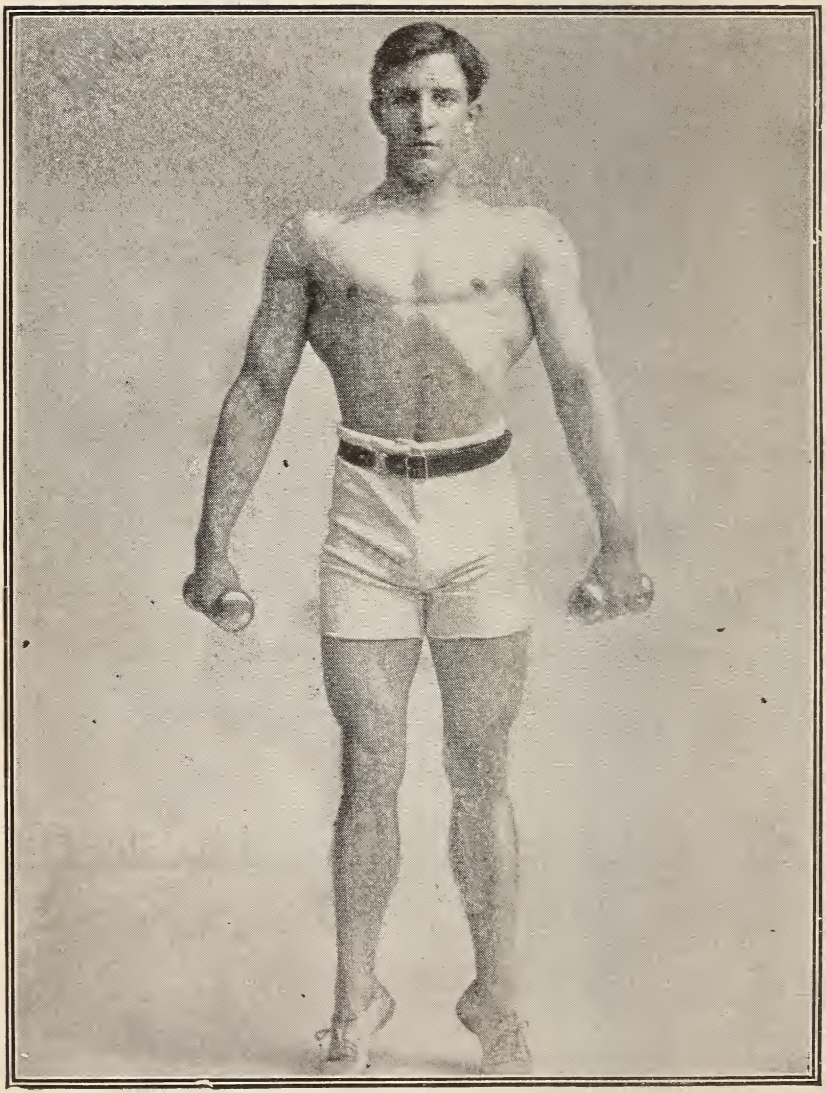

PLATE 18.

Exercise No. 18.

Hold bells to the sides, bring heels together, raise the body on the toes, bringing the heels as far as possible from the floor, then back to original position.

Do this 20 times.

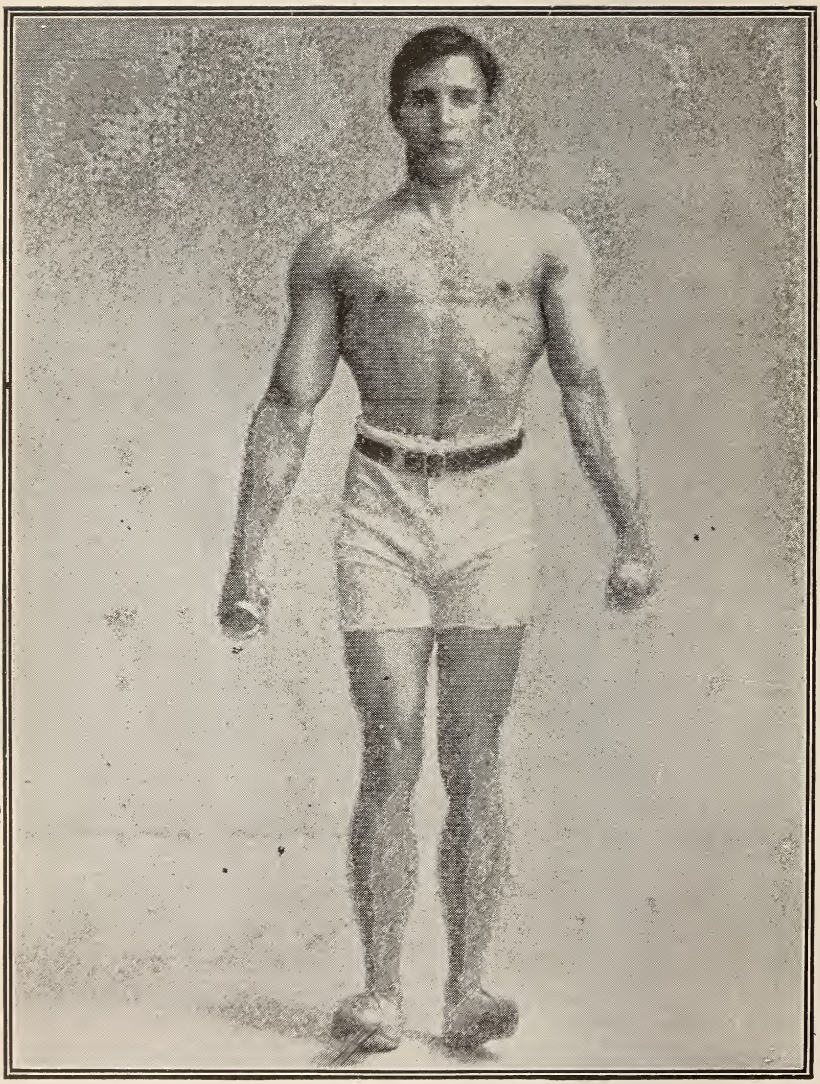

PLATE 19.

Exercise No. 19.

Take the same position as in Exercise No. 18, but reverse the movement, this time bringing the toes as far as possible from the floor, keeping the body erect.

Do this 10 times.

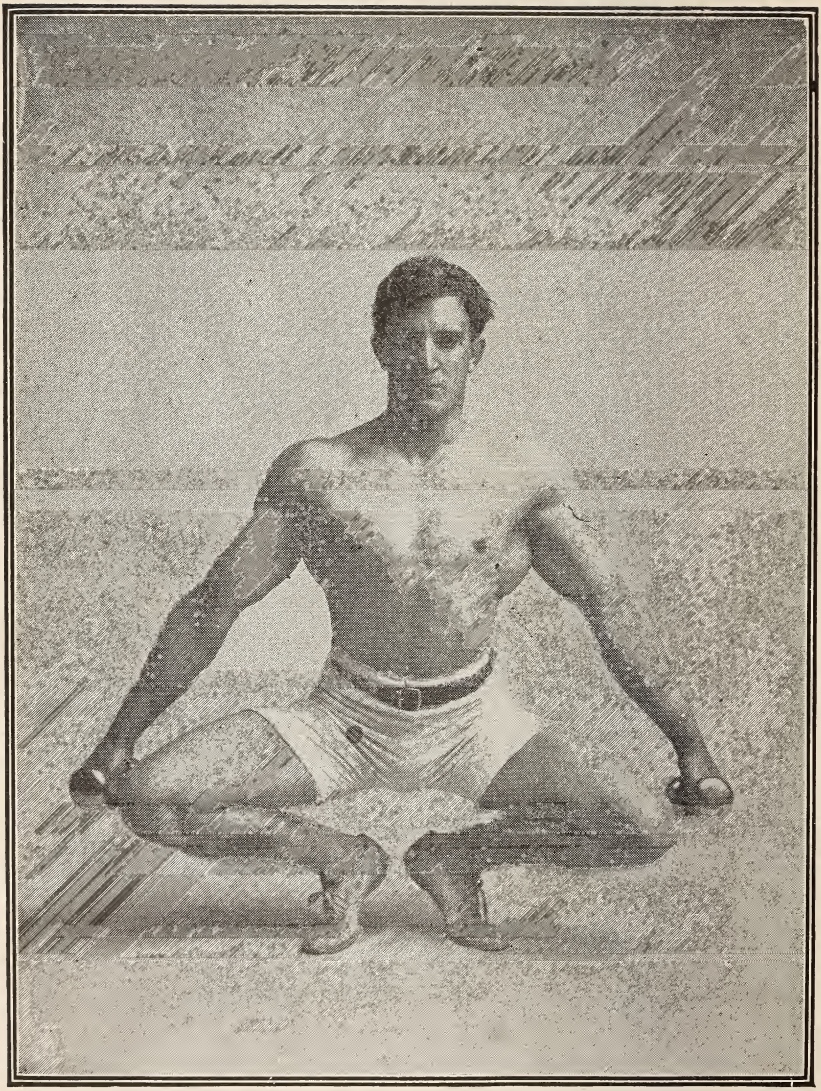

PLATE 20.

Exercise No. 20.

Stand perfectly erect, with the arms hanging at the sides, then squat, as shown in Plate 20, the body resting on the toes, the heels being raised, and the trunk erect; then resume the original position.

Do this from 30 to 40 times.

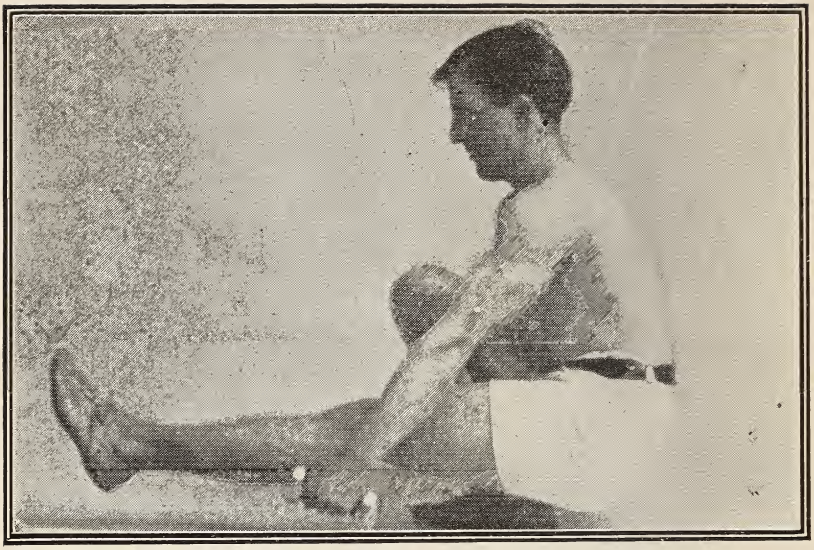

PLATE 21.

Exercise No. 21.

Assume the same position as for Exercise 20. Thrust the right leg out in front, settle slowly to the floor on one leg. Do not let the body touch, but rise again to an upright position. Then reverse as shown in the upper plate.

Do this from 3 to 6 times.

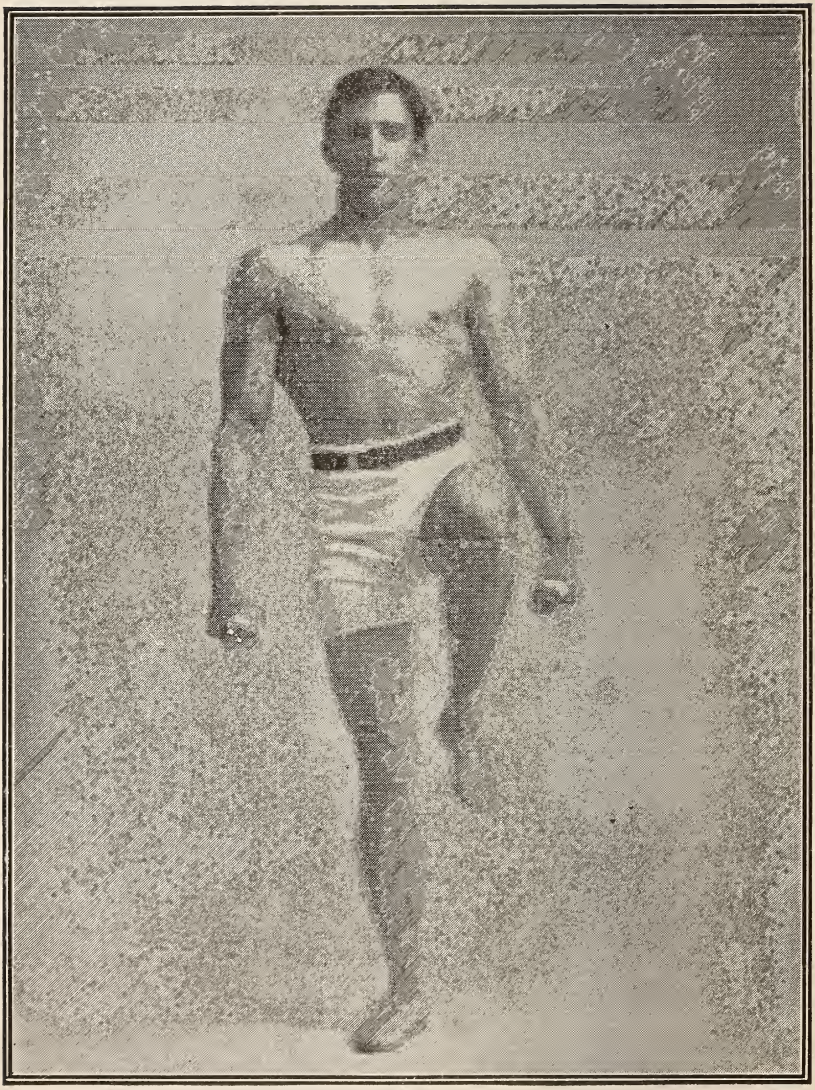

PLATE 22.

Exercise No. 22.

Assume an upright position. Raise the knees forcibly and alternately towards the shoulders, bringing them as high as possible.

Do this 20 times.

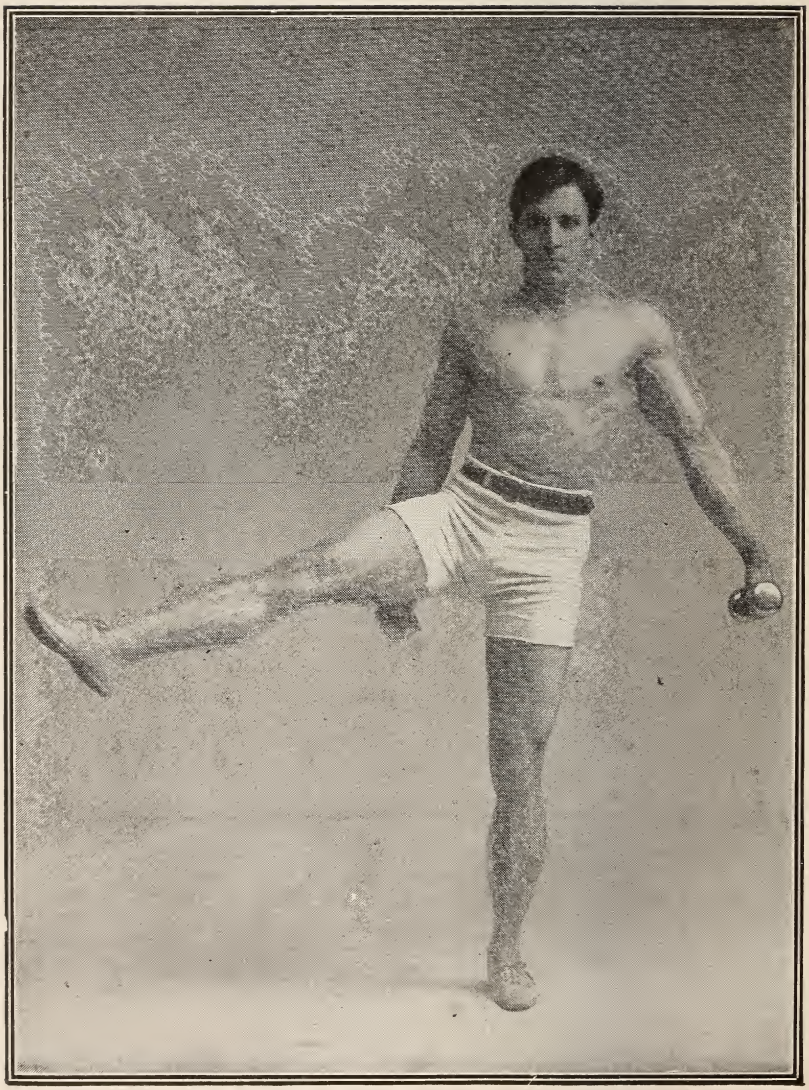

PLATE 23.

Exercise No. 23.

Standing on left leg, extending right leg fully, while holding bells behind thighs, moving leg in a half circle on a horizontal plane to complete extension backward, and resuming first position. Go through the same exercise standing on right leg.

Do this from 10 to 20 times each.

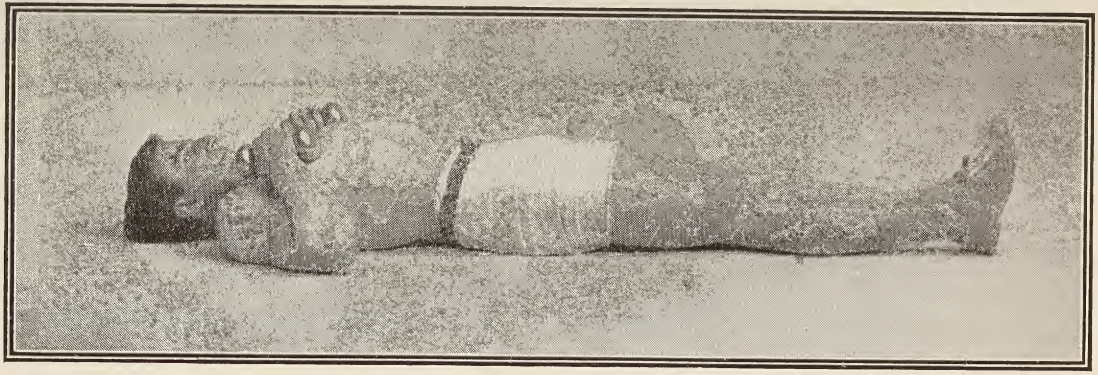

PLATE 24.

Exercise No. 24.

Lie on your back on the floor, the lower extremities fully extended; the bells resting upon the chest; then raising the trunk to the sitting position, the lower extremities remaining extended and the eyes being fixed upon the toes, and returning to the original position.

Do this from 20 to 25 times.

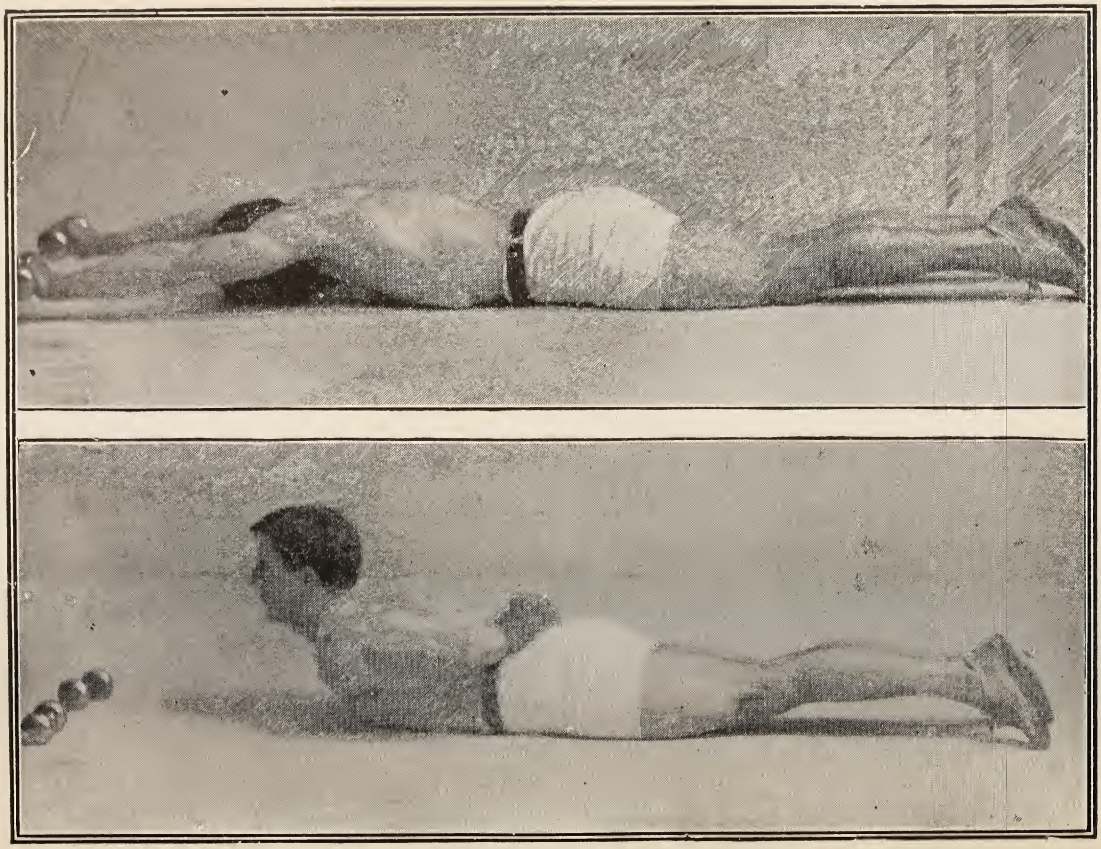

PLATE 25.

Exercise No. 25.

Lie prone upon the floor, as shown in the upper plate. Release the bells, join both hands behind the back, toes turned inward and meeting, and raise trunk as high as possible, as shown by the lower plate.

Do this from 10 to 12 times.

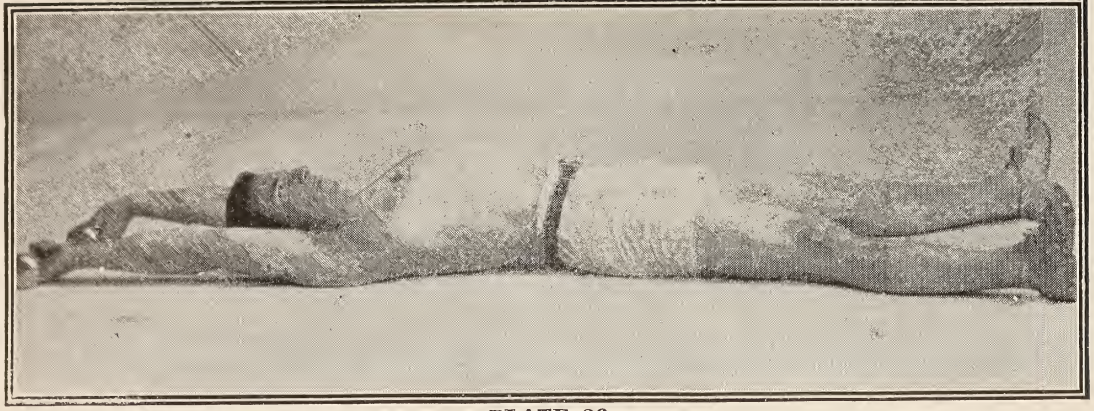

PLATE 26.

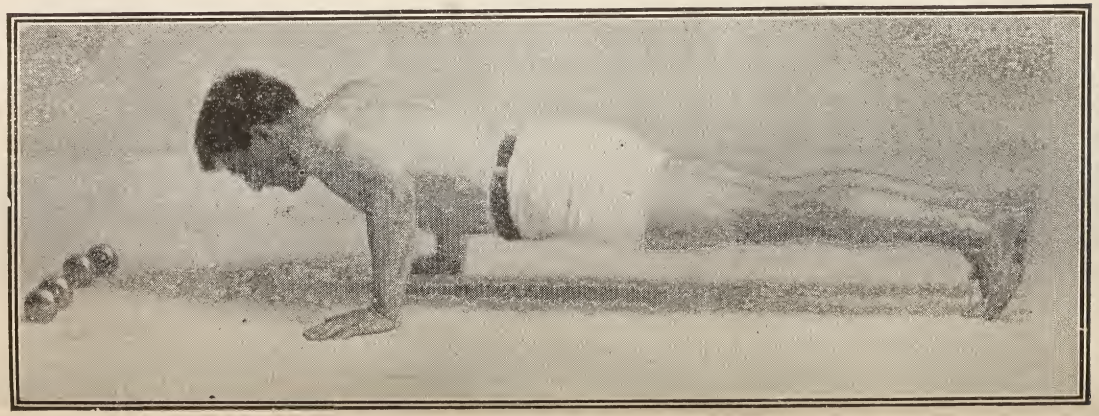

PLATE 27.

Exercise No. 26.

Lie prone on the back with the arms stretched above the head as shown in the plate. Draw the bells to the chest and bring the legs slowly upward and forward, as if attempting to touch the floor beyond the head with the toes.

Do this from 10 to 15 times.

Exercise No. 27.

This is a good chest developer and back strengthener and it doesn't require the use of the dumb bells.

Assume the position as shown in the plate and lower the body so that the chin touches the floor.

Repeat 10 times.

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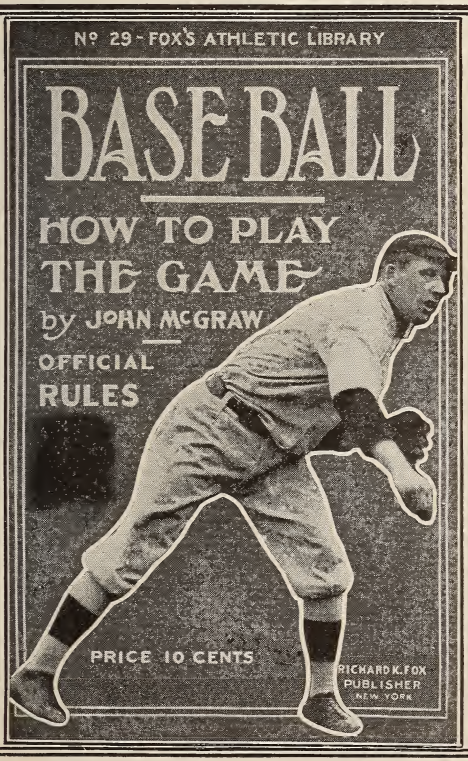

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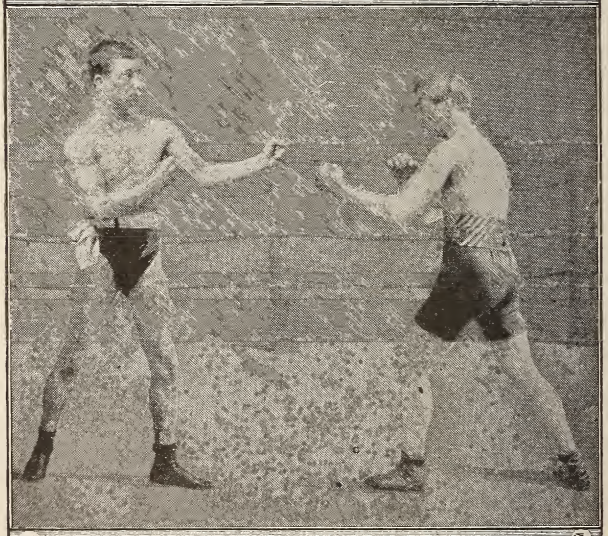

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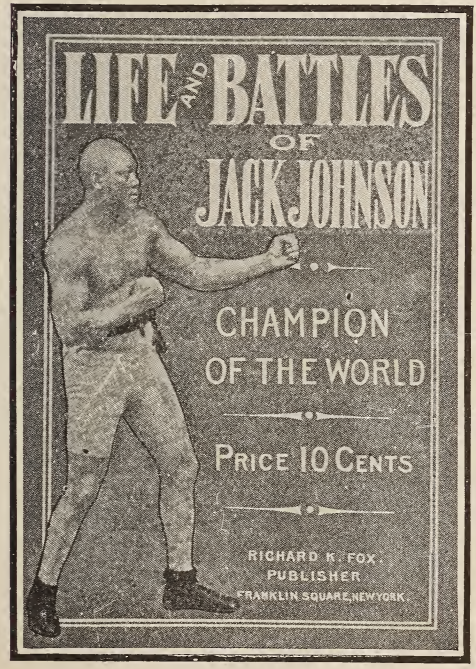

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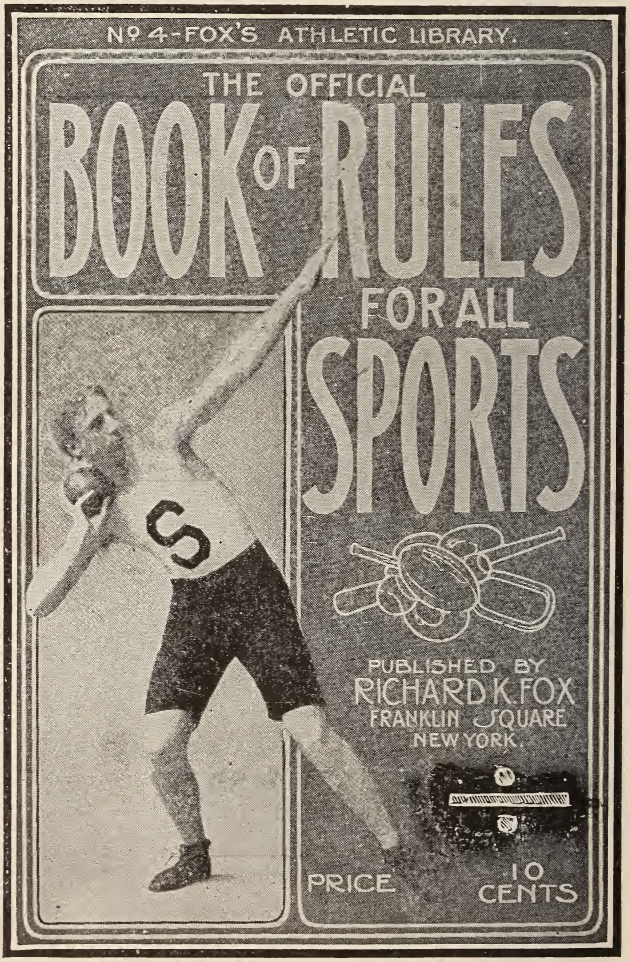

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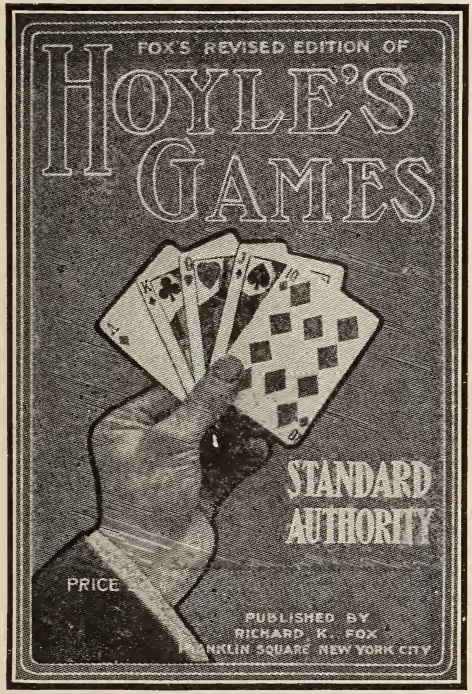

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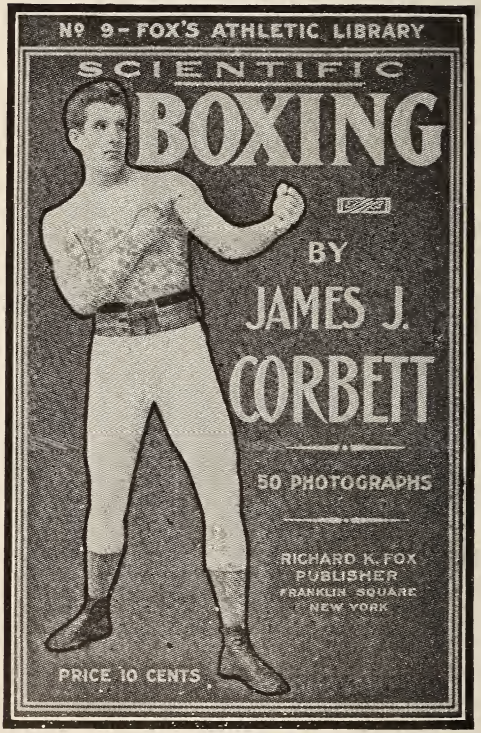

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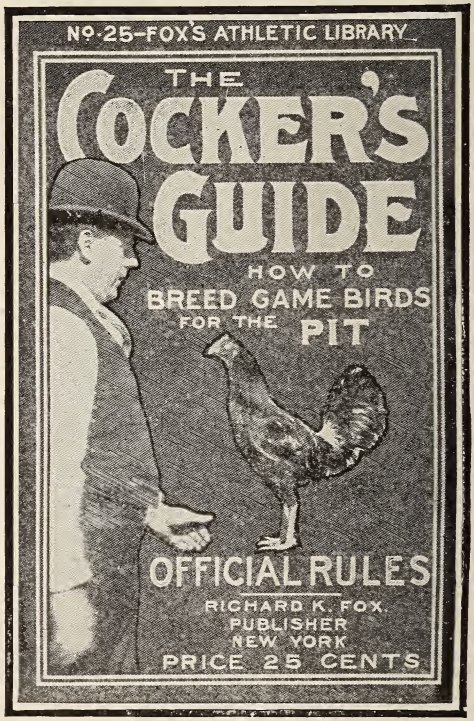

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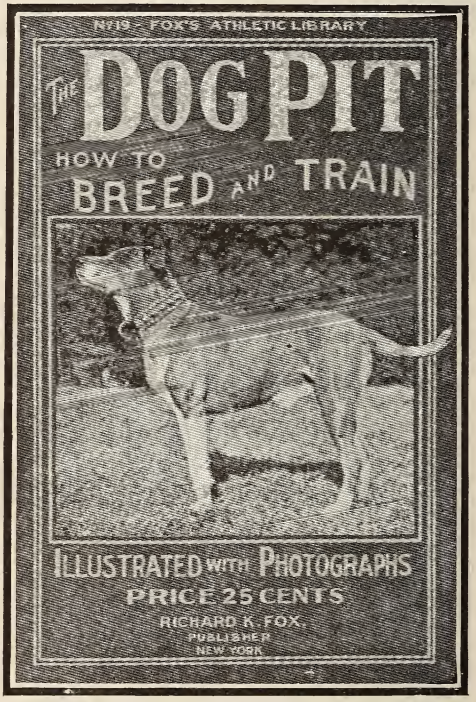

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